



The Journal

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October 20, 2016

Navy Lodge Promotes Diversity *-Page 3*



U.S. NAVY PHOTO BY SEAMAN MATTHEW HOBSON

Commander's Corner

By Col. Richard Lindsay
Commander, U.S. Army
Element North
Walter Reed Bethesda

Hello, Team!

This is a great time of year, when we get to transition from the hot sunny summer into cooler fall weather. We have so many things for all of us to be thankful for.

In this month's Commander's Corner, I'd like to discuss some issues that seem to be happening close to home. As part of my leadership duties, I'm involved in many meetings and forums. Out of those, I'm hearing some things that are concerning to me. I'm hearing about sexual assaults, domestic violence, EO/EEO violations, DUFs, drug use and other types of misconduct. On the whole, the actual number of incidents is relatively low.

Acknowledging that, I want to emphasize that even one incident is too many.

I firmly believe that for every type of misconduct that occurs, there is someone who could have made a difference. Someone could have stepped in and changed the way the "story" unfolded. Someone could have stepped in and said:

"That's sexual harassment, stop saying that!"

"Give me your keys, you are not driving!"

"I don't deserve to be beaten by you, or verbally abused. I am calling the police (or going to Family Advocacy)."

Yes... it's hard to be the person that steps up and deals with a difficult situation the right way.

Just because it's hard doesn't mean we don't do it.

We all need to be strong – and to be leaders.



For those of us in uniform, we all are striving to get promoted. Every promotion, regardless of rank, comes with increased leadership responsibilities. We can exercise those leadership skills and make a positive difference in someone's life.

Don't be afraid to intervene!

You never know, you may save someone's life by your actions. You may empower someone else to intervene or step in to deal with a difficult situation.

Thank you for all that you each do every day.

You are each a valuable part of this team.

Lastly, no matter what activity you

plan to do, make sure you do a quick risk assessment to identify potential risks, and develop ways to mitigate that risk. A few moments dedicated to risk management may make a world of difference. Let's ensure everyone comes back safely from all of their upcoming holiday activities.

Enjoy the cooler weather. Spend quality time with your family and friends. As always, I am proud and humbled to be part of this great Bethesda Team. Thanks for all that you do for our patients, our Teammates, and our great nation. My family and I wish all of you the best. God bless. "One Team, One Fight."

Bethesda Notebook

Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Oct. 20 from 1 to 2 p.m. and 6:30 to 7:30 p.m. in the America Building, River Conference Room on the third floor. Spouses and partners are invited. Military ID is required for base access to Walter Reed Bethesda. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to the event for base access. For more information, contact Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Holiday Safety Training

Mandatory holiday safety training for all Walter Reed Bethesda staff members is scheduled for Nov. 8-9. Staff members need to attend one half-hour block of instruction beginning at 5 a.m. in Clark Auditorium and 5:30 a.m. in Memorial Auditorium. Training is held every hour until 4 p.m. in Clark, and every hour until 4:30 p.m. in Clark. A CAC card is required for sign-in as proof of attendance. For more information, call 301-295-5733.

Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include: job search strategies for military spouses; federal resume writing; time management; credit management; consumer financial awareness; interview skills; pre-deployment briefings; return and reunion briefings; and more. For more information, call 301-319-4087, or visit FFSC in Bldg. 11, first floor.

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Navy Lodge Showcases Employee Diversity

By Andrew Damstedt
The Journal

Navy Lodge Bethesda lobby was full of smells, sights and sounds of various cultures Oct. 14 as it celebrated its 5th Annual Hospitality and Diversity event.

“It’s important that our staff be diverse because your customers are diverse,” said Naval Support Activity Bethesda Commanding Officer Capt. Marvin L. Jones. “Diversity is our strength. It allows us to be able to do more. I’m not just talking about cultural diversity; I’m talking about diversity of thought, diversity of ideas – all these different things we bring together to better serve our people.”

The 30 Navy Lodge employees from 13 different countries showcased their heritage by wearing traditional dress, sharing ethnic food and speaking different languages.

“The concept of diversity encompasses acceptance and respect,” said Navy Lodge Bethesda Manager Ana Herrera-Ruiz. “It means understanding that each individual is different and also recognizing our differences. It is an exploration of this difference in a safe, positive and nurturing environment. It is about understanding each other and moving beyond simple tolerance to embracing the rich dimensions of diversity contained within each individual.”

Several Navy Lodge Bethesda employees shared their cultural background.

Jennifer Pineda and Rowena Vary spoke of their Filipino culture.

They brought pancit – rice noodles with vegetables and chicken – and lumpia, both of which are eaten on someone’s birthday.

“Traditionally they prepare it for a birthday party because they have a saying that ‘If you eat a long noodle, you’re going to have a long life,’” Vary said.

Navy Lodge Bethesda Assistant General Manager Nicole Nnoko said the dress she wore to the event was one Cameroon women would wear to a wedding. She discussed other aspects of Cameroon culture, such as the fish stew she made and the many dialects spoken in that African country.

“We speak English and French as our official



U.S. NAVY PHOTO BY SEAMAN MATTHEW HOBSON

Musicians play traditional Peruvian music during Navy Lodge Bethesda’s diversity celebration Oct. 14.

languages so we’re just like Canada, but we have a bunch of traditional languages,” she said. “So if your parents are from two different tribes you’d know two different languages. And then we have a language that everyone speaks for the people that didn’t go to school – a mixture of English and French; it’s called pidgin English.”

Housekeeping supervisor Delfina Fuentes moved to the U.S. 20 years ago from Guatemala and became a U.S. citizen in 2007. She wore a traditional outfit from her village in Guatemala and brought tamales to share with those at the event.

“I left my country and came for a bigger opportunity here, and I found it,” Fuentes said. “I am so glad to be here. My village is very far, far away. I cannot imagine how far I am from home. I bring my mother now, and I feel at home right now with her.”

The diversity celebration included music and dancing from Peru, with displays featuring items from multiple cultures. Countries represented by Naval Support Activity Bethesda’s Navy Lodge staff are Cameroon, Chile, El Salvador, Eritrea, Ethiopia, Germany, Guatemala, Honduras, Mexico, Peru, Philippines, Spain and the United States.

NSAB Wins SECNAV Energy Achievement Gold

By PO3 William Phillips
NSAB Public Affairs

Naval Support Activity Bethesda (NSAB) was awarded the 2016 Secretary of the Navy (SECNAV) Energy Achievement Gold Level Oct. 12.

“SECNAV has an award system to incentivize installations to reduce their energy consumption; it’s not just electrical it’s steam usage, water or just about any kind of fuel that can be consumed as an installation,” said Luke Armstrong, installation energy manager. “We have an interest in reducing those amounts because it saves financial resources.”

Even though NSAB was awarded the platinum level for energy efficiency for fiscal year 2015, there has been continued energy efficiency throughout this past fiscal year.

“For 2016 we scored within the gold range, which denotes a very good energy program,”

said Armstrong. “Although gold is a very noble achievement, we did drop one ranking. For this year’s award we are tracking a 40 percent energy reduction, which coming off a platinum year is still a significant amount. We are currently leading the region in energy reduction for the third quarter of the year.”

NSAB is working to get back to platinum.

“We always want to maintain excellence and strive to be the best energy program in the entire Navy,” said Armstrong. “Our aspiration is to achieve the highest energy award level.”

NSAB has saved taxpayer dollars by going green. In fiscal year 2016, NSAB saved \$16 million through its energy-savings measures as well as taking advantage of Pepco incentive programs that promote energy conservation.

“NSAB has really sunk our teeth into it,” said

Armstrong. “If we feel like we can save energy on this project then we are applying for those incentives to further promote the viability of projects on NSAB. It is one of the reasons you see so much construction going on when you do, because we were able to capture that funding, which makes our project a little more competitive in the region.”

Some missions don’t allow NSAB and its mission partners to be as energy efficient as possible, but there are still ways to improve.

“In areas that have high usage needs, there are some options,” said Armstrong. “For example, if a mission in [Walter Reed Bethesda] needs an exact amount and quality of water, then that is what they need to have; but we can have the restrooms use rainwater when the toilets are flushed. We can find other areas that produce savings that do not impact the mission.”

Walter Reed Bethesda Celebrates Navy's 241st Birthday

By Bernard S. Little
WRNMMC Public Affairs

A Sailor rang a bell eight times to signal the end of one watch and conclude the Navy's 241st year. He then rang the bell once again, "the ceremonial ninth" ringing, to signal the start of a new watch and the start of the Navy's 242nd year.

With that, the celebration of the Navy's 241st birthday got underway on Naval Support Activity Bethesda, Oct. 13. The combined Walter Reed Bethesda and Navy Medicine Professional Development Center choir sang "Anchors Aweigh," the march of the U.S. Navy, following the ringing of the bell.

"As we celebrate our Navy's 241st birthday, our history and heritage form our identity telling us who we are and what we stand for," said NMPDC Petty Officer 2nd Class Maya Francis.

"Our core values of honor, courage and commitment have been passed down from our founders who charged the Navy with a solemn duty to serve as a shield for our republic," Francis continued.

Today's Sailors serve in "the greatest maritime fighting force the world has ever seen, continuing to build on the framework that their predecessors forged," she added.

"We are truly blessed to be able to take advantage of the very best of the heritage, traditions and best practices of each of the services [at Walter Reed Bethesda] in order to lead the way as the flagship of military medicine," said Navy Capt. John Rotruck, WRNMMC's chief of staff. "This medical center and this academic health campus, with our partners at the Uniformed Services University and the National Institutes of Health, are a reflection of this great nation. We are the melting pot of military medicine.



PHOTO BY BERNARD S. LITTLE

Sailors escort a cake during the U.S. Navy's 241st birthday celebration at Naval Support Activity Bethesda Oct. 13.

We take the very best from [all our staff and volunteers] to take great care of each other so we can take great care of our patients and their families. As we celebrate the Navy's birthday, please keep our deployed service members in your thoughts and prayers," he added.

Navy Surgeon General and Chief, Bureau of Medicine, Vice Adm. Forrest Faison, served as guest speaker at the celebration. "Thank you

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PHOTO BY PO1 CHRISTOPHER KRUCKE

U.S. Navy Surgeon General Vice Adm. Forrest Faison speaks about the role of Navy medicine for today's Sailors and Marines during the U.S. Navy's 241st birthday celebration at Walter Reed Bethesda on Oct. 13.

Walter Reed Bethesda Hosts History Fun Run Aboard NSAB

By PO3 William Phillips
NSAB Public Affairs

Approximately 100 service members from Walter Reed Bethesda and Naval Support Activity Bethesda (NSAB) participated in the first Historic Fun Run aboard NSAB Oct. 14.

"I've done these before in Hawaii and I had never seen anything like it here," said Petty Officer 1st Class Chris Krucke.

The run was a way to honor U.S. Navy's 241st birthday, and included stops along the way to learn about important events in Navy history.

"We were already doing a run for the Navy birthday," said Krucke. "So I figured it would be good to include the history of this base and of the Navy."

The event was also a way for senior officers and enlisted to interact with junior service members outside of the work place.

"It was good seeing the junior members and the senior members out here together doing this at the same time," said Krucke.

Volunteers were able to sing cadence and read the historic events, said Krucke.

For some, the run and the birthday were



U.S. NAVY PHOTO BY PO3 WILLIAM PHILLIPS

Walter Reed Bethesda's Command Master Chief Tyrone Willis (right) sings cadence during the History Fun Run around Naval Support Activity Bethesda.

important because it's a reminder of the naval legacy left for them.

"It is important to remind everyone where we came from and remind ourselves of the legacy that was left behind for us," said Master Chief Petty

Officer Petro Martone, a senior enlisted advisor at Walter Reed Bethesda. "We have to carry on those honors and tradition; it is an opportunity for us to take a sense of [pride] throughout our daily life."

"The Navy's birthday means a lot to me, this organization is all about the sacrifice the people before us have made that paved the way to where we are right now and what we have been able to accomplish within the 241 years of the Navy," said Martone.

Runners learned about: the birth of the Navy, the U.S.S. Constitution, the War of 1812, the Commerce Raiders of the Civil War, the convoys of World War I, the major fleet actions at Coral Sea and Midway, the Blockade of Cuba in 1962, and the riverine operations on the Tigris and the Euphrates rivers.

"This was fun putting together; I am very happy with the turn out," said Krucke. "I think the blend of new and veteran Sailors was good and encompasses the whole purpose of this in telling the history of the Navy...it is important to remember where you came from, because knowing the success of the Navy, we can build on it and have success in the future of the Navy."



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Flu Vaccination Drive Underway

By Joseph Nieves
WRNMMC Public Affairs

The 2016 Flu Vaccination Drive is underway and there are few things you will need to know before getting your vaccine, explained Walter Reed National Military Medical Center officials.

In June, the Centers for Disease Control and Prevention's Advisory Committee on Immunization Practices voted that the live attenuated influenza vaccine (LAIV), also known as the "nasal spray" flu vaccine, should not be used during the 2016-2017 flu season, said Army Lt. Col. Casey Geaney, chief of Allergy and Immunology Services at WRNMMC.

"ACIP continues to recommend annual flu vaccination with either the inactivated influenza vaccine (IIV) or recombinant influenza vaccine (RIV) for everyone 6 months and older," he explained.

According to the CDC, the decision was made based on a review of available data at the time, suggesting no protective benefit with the nasal vaccine.

Beneficiaries over the age of 3 can visit the maroon tent on the first floor of Building 9, Arrowhead Building, in front of Radiology. The tent will be

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BIRTHDAY

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so much for the great work you do every day to help people who, perhaps now more than ever, need our help," he said.

He said the team at Walter Reed Bethesda makes him very proud.

The Navy's top doctor wished his "shipmates" an enthusiastic happy birthday. "Thank you for being part of the greatest Navy the world has ever known. A Navy that is more capable, but equally, more committed to peace than any navy in the past.

"We are a maritime nation. Our founding fathers knew that when they made provisions to establish a navy when our country was founded," Faison continued. "...And every day, none of these Sailors could do their jobs without you – the men and women of military health care. We are all one team; we cannot do it alone."

Faison said, "around the world on every continent and in every time zone," Sailors and Marines depend upon the military health care team. Our Sailors and Marines "sleep well at night knowing you are delivering the best care our nation can offer. Not only do you carry on the tradition of honor, courage and commitment, you also carry on a tradition of hope, caring and compassion that is as old as our nation. You carry that on with pride every, single day with every, single patient who walks through those doors. You make a difference in their lives."

Faison then led the ceremonial cake cutting with Defense Health Agency Director Vice Adm.



PHOTO BY PO1 CHRISTOPHER KRUCKE

Sailors and Civilians from Walter Reed Bethesda sing during the U.S. Navy's 241st birthday celebration aboard Naval Support Activity Bethesda Oct. 13.

Raquel C. Bono; Rotruck; Force Master Chief Terry Prince, director, Hospital Corps, BUMED; WRNMMC Command Master Chief Tyrone Willis; Navy Capt. Kenneth Kelleher, the oldest Sailor at Walter Reed Bethesda; and Seaman Mercy Onwunta, the youngest Sailor in attendance.

Kelleher, a surgeon, joined the Navy on Aug. 1, 1968, while Onwunta, a corpsman, joined the Navy on Sept. 22, 2015.

Onwunta works in the Urology Department, serving as a urology technician at WRNMMC.

"I joined the Navy to serve my country [and] the experience has been a wonderful," she said. "I've

met amazing people who have been in longer than I have and helped and mentored me. It's been a great experience," she added.

FLU

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open from 8 a.m. to 4 p.m.

"Children between the ages of 6 months to 35 months, [and] patients who require additional vaccines, should visit the Allergy and Immunizations Clinic," according to Master Sgt. Pamela Shurn, flight chief, Critical Care Department at WRNMMC.

The Allergy and Immunizations Clinic is located in Building 19, America Building, on

the fourth floor.

"There are currently no allergy concerns with the flu vaccine," Shurn said. "Vaccines are preservative free and therefore do not contain eggs, mercury or thimerosal," a mercury containing organic compound.

The flu drive runs until Nov. 22 for beneficiaries and staff.

If you have any questions or concerns about your vaccine, please contact the Allergy, Immunology and Immunizations Clinic at 301-295-4510, or visit their webpage at <http://go.usa.gov/xkphD>.

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- CDL / American Job Center
- Anne Arundel Workforce Development Corporation (AAWDQ)
- Army Community Service (ACS)
- Navy Fleet & Family Support Center
- Soldier For Life - Transition Assistance Program

For details go to www.meade.armymwr.com or email jerome.duncan@maryland.gov